



## HAAZ Command Changes Hands

*Maj. Gen. Rui Mora de Oliveira, takes the flag from Portuguese Air Force Chief of Staff, Luis Evangelista Esteves de Araujo, in a ceremony here Tuesday. General Mora de Oliveira assumed command of Headquarters Azores Air Zone. (Photo by Guido Melo)*

## Ferryboats sail again in the Azores

**By Eduardo Lima**  
65th ABW Public Affairs

As it has become usual in the Azores for the past years, two ferryboats will travel among eight of the nine Azorean islands during the summer months.

The first ferryboat, named "Ilha Azul" (Blue Island) has already started sailing the Azorean waters in April and will operate through Sept. 30, while the second boat, "Santorini" will sail June 16 – Sept. 30.

These two boats offer a unique opportunity to travel to the other islands and also take your own vehicle or pets at an inexpensive cost.

Both the "Ilha Azul" and "Santorini" boats will travel to all the Azorean islands with the exception of Corvo, and will also offer additional special trips during the major festivals on the different islands.

Traveling by ferryboat can be a very

pleasant experience, especially during the day among the central group of islands since it offers breathtaking vistas of the islands while they travel.

The ferries could take up to four hours to reach the island of Graciosa and seven hours to reach São Jorge. Even though São Jorge is the closest island, the boats stop at Graciosa first before continuing on, thus the reason why it takes longer to arrive at São Jorge. From São Jorge, the ferries go on to the islands of Pico and Faial.

The total time for a trip between Terceira and Faial is approximately 10 hours, depending on the ports where the boat stops. The boats also take about five and a half hours to get to São Miguel or almost 24 hours to arrive at Flores, depending on the stops at the other islands.

During these longer trips the boats sometimes feature entertainment, such as bands and movies to help pass the time.

Tickets can be purchased at the commercial port of Praia one hour before departure time or at the various travel agencies on the island.

Round trip prices from the port of Praia range between 69 Euros (to Graciosa) and 92 Euros, (to the Island of Flores). You can check out the ferryboat schedules and prices at the Public Affairs office, Bldg. T-100, Room 240 or find them on the web at <http://www.turangra.com>

Explore the Azores and enjoy your travels.



**UCI Countdown**  
**107**

*Days remaining  
until Lajes Field's  
Unit Compliance  
Inspection*



## Setting effective goals, first step in achieving them

**By Tech. Sgt. Casey Merrington**  
Career Assistance Advisor

Being at Lajes, most of us find ourselves having a little extra down time for several reasons. We may not have to commute to and from work, our leadership has granted us permission to PT during duty hours, and the availability of popular sitcoms that would normally allow us to lying around like broccoli and stare at the television for hours on end is just not there.

Now that isn't to say that there's not plenty to do and see around the island but at the end of our duty days, most of us don't venture too far. That is what makes Lajes a great place for setting and achieving goals.

According to Duncan Brodie, a management trainer in goals and achievements, there are five benefits to setting goals. 1) Focus - if you have a goal it gives you focus and something to aim for, a target to work to. 2) Motivation - achieving or making progress toward a goal can be hugely motivating. 3) Success - if you set yourself a goal you are more likely to succeed. 4) Confidence - If you start setting and achieving goals, your confidence will rise. 5) Growth - Every time we set a goal we grow as a people because we will have to develop or learn about something to achieve it. How many more reasons do we need? Sounds like the benefits are endless so let's get started!

To make sure that we accomplish this effectively, I have done a little research through the experts at Mindtools.com and here are some guidelines to apply while setting goals.

Be precise. If you set a precise goal, putting in dates, times and amounts so that achievement can be measured, then you know the exact goal to be achieved, and can take complete satisfaction from

having completely achieved it.

Set priorities. Where you have several goals, give each a priority to help avoid feeling overwhelmed by too many goals. This will direct your attention to the most important ones.

Keep the goals you are working toward immediately small and achievable. If a goal is too large, then it can seem like you are not making progress toward it.

Set goals over

which you have as much control as possible. There is nothing as dispiriting as failing to achieve a personal goal for reasons beyond your control.

Don't set goals unrealistically high. Remember to set goals that raise your average performance not your best performance and respect your right to rest so you don't risk burning out. Other people can set unrealistic goals for you based on what they want. Often this will be done in ignorance of your desires and ambitions. Setting goals too low can also be a problem. This is often done because we are afraid of failing but as you begin to achieve goals you have set, your self-confidence should increase. Additionally, taking it too easy is another reason for this. If you're not prepared to stretch yourself and work hard, then you are extremely unlikely to achieve anything of any real worth.

Setting goals at just the right level can be tricky. They should be slightly out of your immediate grasp, but not so far that there is no hope of achieving them; no one will put serious effort into achieving a goal that they believe is unrealistic.

Okay Lajes, whether it's fitness, education, perfecting an art or something completely different, now is the time to master and achieve!

---

*"A goal properly set is halfway reached."*

---

—Abraham Lincoln

---

535-4240

[actionline@lajes.af.mil](mailto:actionline@lajes.af.mil)

*The Commander's Line is your link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option for praise or problems — but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or [actionline@lajes.af.mil](mailto:actionline@lajes.af.mil).*



**Col. JL Briggs**

**Col. JL Briggs**  
Commander, 65th Air Base Wing



*The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads.*

*The Public Affairs Office (Unit 7710, APO, AE 09720) is located in Bldg. T-100, Room 240.*

*Submissions can be e-mailed to [news@lajes.af.mil](mailto:news@lajes.af.mil) or faxed to 535-6326 and are due the Thursday, a week prior to the publication date.*

*This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.*

*Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.*

*All photographs are Air Force photographs unless otherwise indicated.*

### Editorial Staff

**Col. JL Briggs**

Commander, 65th Air Base Wing

**Capt. Shilo Weir**

Chief, Public Affairs

**Tech. Sgt. Christin Michaud**

NCOIC, Public Affairs

**Eduardo Lima**

Community Relations Advisor

### Agencies who help people meet their goals

**Financial** — The Airman & Family Readiness Center offers classes on financial management, managing debt and investing. 535-4138

**Fitness** — The Health and Wellness Center offers a microfit program and exercise programs to help people meet their fitness goals. 535-HAWC

**Relationship** — The Military Family Life Consultant in conjunction with the A&FRC, offers parenting classes, confidential counseling (MFLC) and more. 535-3529 or 967-435-590

**Spiritual** — The chapel can help individuals meet their spiritual goals. 535-4211



# Lajes NCO heads to Capitol Hill

**By Tech. Sgt.  
Christin Michaud**  
65th ABW Public Affairs

A Lajes NCO will be doing something a little different then what he is used to at his day job next week.

Staff Sgt. Michael Falvo, AFN Det. 6, will forgo editing newscasts and adding his on-air commentary on Island 96.1 FM for a week in exchange for the opportunity to participate in The United States Model House of Representatives.

The United States Model House of Representatives brings students from across the nation to Washington, D.C. for a simulation of Congress.

Sergeant Falvo is a student with the University of Phoenix working on his degree in Public Administration. Many of his classes relate to public policy. This opportunity was a clear fit for him. This unique program provides students with experience and education in policy making, relationship building and negotiation skills, within the Halls of Congress on Capitol Hill.

He submitted his application to compete with college students around the country.

"Only one representative per district is selected and I'm proud to be representing New York's 24th Congressional District," said Sergeant Falvo.

He hopes the experience will be insightful not only as a student, but as an Airman as well.

"The experience is so valuable, that it helps me both as a student and Airman. I'll have the chance to see how legislation is formulated, discussed and passed. I'll also have the chance to develop our own 'legislation,' lobby for votes and run the process of Congressional hearings," he said. "I'll have the chance to meet and work with members of Congress, work on mock Congressional Committees and learn from their example."

Sergeant Falvo is attending The United States Model



House of Representatives conference as a student, not as a military member. The trip isn't Air Force related or funded, but he requested to work on the Armed Services Committee so he could have first-hand knowledge of how legislation impacting military members and their families is formulated.

"Ultimately, I want to take everything I learn on Capitol Hill and use it not only for school, but as an NCO and pass that knowledge along."

"I hope to gain a world of experience in how American policy is developed and how democracy works at the highest levels," said Sergeant Falvo. "Hopefully, this experience will point me in the direction I need to become a stronger leader – a more effective leader – not just as an NCO but in general. This is a once in a lifetime opportunity for me both as a student and Airman. Not many people get to go or get to do what I'll be doing in Washington D.C."

Although admittedly both nervous and excited, Sergeant Falvo is ready for this opportunity. "Washington ... here I come."



**Top:** Staff Sgt. Michael Falvo, AFN, Det. 6, interviews U.S. Ambassador to Portugal, the Honorable Thomas F. Stephenson, during his visit in April. Sergeant Falvo, a student with the University of Phoenix, was selected to participate in the The United States Model House of Representatives in Capitol Hill next week where he will have another opportunity to meet with and learn from other public officials and see first-hand the legislation process.

**Above:** Sergeant Falvo talks with the Ambassador prior to their interview. (Photos by Guido Melo)



Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>10 a.m.</b> Thrift Store Open <b>5 p.m.</b> Teen Money Matters, LYP <b>6 p.m.</b> Build Your Own Pasta Buffet, TORC <b>7 p.m.</b> Leatherheads (PG-13) <b>7 p.m.</b> Teen Night Out, LYP <b>7:30 p.m.</b> Cosmic Bowling <b>10 p.m.</b> Superhero (PG-13)	<b>2 p.m.</b> Cave Exploring, ODR <b>3 p.m.</b> Halo 2 Tournament, community center <b>6:30 p.m.</b> Member's Only Texas Hold 'Em Tournament, TORC <b>7 p.m.</b> Run Fatboy Run (PG-13) <b>7:30 p.m.</b> Cosmic Bowling <b>10 p.m.</b> Superhero (PG-13)	<b>9 a.m.</b> Evangelical Service <b>9 a.m.</b> CCD <b>10:30 a.m.</b> Mass <b>Noon</b> Praise Service <b>2 p.m.</b> Teen 9-Ball Tournament, community center <b>2 p.m.</b> Leatherheads (PG-13) <b>2:30 p.m.</b> Bowl for \$ .25/game <b>7 p.m.</b> Superhero (PG-13)	<b>Memorial Day</b> <b>8 a.m.</b> Golf Course open for U.S. personnel, ODR <b>8 a.m.</b> Fitness Center open <b>9 a.m.</b> Dolphin Watching Trip <b>9:30 a.m.</b> Taste of the Northern Coast, ODR <b>10 a.m.</b> Airman & Family Readiness Center open (limited services) <b>10 a.m.</b> AAFES Facilities open	<b>10 a.m.</b> EDIS Playgroup, LYP <b>10:30 a.m.</b> Products Exposition, TORC <b>Noon</b> Women's Bible Study, lunch provided, chapel <b>5:30 p.m.</b> Advanced Beading, Arts & Crafts <b>5:30 p.m.</b> Mongolian BBQ, TORC <b>6 p.m.</b> AWANA, chapel	<b>11 a.m.</b> Bowl w/ your Boss special <b>5 p.m.</b> Family Night, bowling alley <b>5:30 p.m.</b> Metal Embossing Class (2-Day) \$25, Arts & Crafts <b>6 p.m.</b> Open Play Volleyball <b>6:30 p.m.</b> \$ .35 Wings, TORC <b>6:30 p.m.</b> BINGO, TORC, Game begins at 7:15 p.m.	<b>Noon</b> Advanced Beading, Arts & Crafts <b>5:30 p.m.</b> SUM Dinner, chapel <b>5:30 p.m.</b> Metal Embossing Class (2-Day) \$25, Arts & Crafts <b>6 p.m.</b> Spin Class, CFC <b>7 p.m.</b> Run Fatboy Run (PG-13) <b>9 p.m.</b> Chili Dog & Karaoke, TORC

## Community Events

**Bullfights:** 6:30 p.m. Saturday: Volta do Paul, Praia; and Santo Amaro, Ribeirinha. 6:30 p.m. Sunday: Volta do Paul, Praia; and Largo São João de Deus, Angra.

**Aladdin – A story to dance:** (Ballet production by Eduarda Rosa's ballet classes. Choreography by Eduarda Rosa). Portion of the proceeds go to "Liga Portuguesa Contra o Cancro" (Fight Against Cancer). 8:30 p.m. May 30 or 4 p.m. May 31 at "Teatro Angrense"- Rua da Esperanca, Angra do Heroismo. Tickets are available from 12:30 to 3:30 p.m. Thursday, 12:30 to 3:30 p.m. and 7 to 8:30 p.m. May 30 and 12:30 to 4 p.m. May 31.

## Volunteers

**Account Manager needed:** The chapel is looking for a volunteer account manager for the Chaplain Tithes and Offering Fund. This volunteer position should entail 3-5 hours per week and no accounting experience is required. If interested, call Master Sgt. Casterline at 535-4211 or 6179.

## Products Expo

The 65th Contracting Squadron will host a Products Expo from 10:30 a.m. to 4:30 p.m. Tuesday at the TORC. See displays of products and services available from local Portuguese vendors. No items will be bought or sold at the Expo.

## APAH Event

**2008 Asian Pacific American Heritage Cultural Event:** Noon to 3 p.m. May 31 in the Community Center. Cultural program, food booths and displays. Sponsored by the 2008 Asian-Pacific American Heritage Committee. 535-1238

## Job Opportunities

**Branch Service Representative:** Pentagon Federal Credit Union has a job opening for a Branch Service Representative (part-time). Banking experience is preferred but not required. Job applications are available at PFCU, Bldg T-202. Call 295-513-221 for more information.

**Clerical/Teacher Aide Applications:** Lajes E/H School anticipates clerical and teacher aide openings for next school year. If you have not already submitted an application and are interested in applying, contact Jane Flores at 535-4151.

**Teachers Needed:** Lajes E/H School is seeking certified teachers interested in being considered for positions for next school year. If interested or know someone who is coming into the community who is certified, call 535-4151.

**Intermittent Base Theater Projectionist:** AAFES is now accepting applications. Performs cleaning, routine maintenance and operates a 35mm motion picture projectionist and sound equipment. Must be able to work nights. Visit [www.aafes.com](http://www.aafes.com) and scroll down to AAFES Employment to apply. For details, call 535-3634.

**AAFES Theater Supervisor:** AAFES is now accepting applications for a theater supervisor. Experience in theater operations and supervision is preferred. Ability/knowledge to operate/use systems, hardware and software. Applicants must be able to work a flexible schedule. Click on [www.aafes.com](http://www.aafes.com) and scroll down to AAFES employment to apply. For more information, call 535-3634.

**Intermittent Theater Worker:** AAFES is accepting applications for a theater worker to perform a variety of food service, ticket sales and janitorial/custodial duties related to theater operations. Must be able to work night shift. Visit [www.aafes.com](http://www.aafes.com) to apply. For details, call 535-3634.

## A&FRC 535-4138

**The 7 Habits of Highly Effective Families:** 6:30 to 8 p.m. Thursdays from June 5 to July 17. Children are welcome. Attendance not mandatory for all classes. *June 5, Habit 1, Becoming an Agent of Change in Your Family; June 12, Habit 2 Developing a Family Mission Statement; June 19, Habit 3, Making Family a Priority in a Turbulent World; June 26, Habit 4 Moving from "Me" to "We"; July 3, Habit 5, Solving Family Problems Through Empathic Communication; July 10, Habit 6, Building Family Unity Through Celebrating Differences; and July 17, Habit 7, Renewing the Family Spirit Through Traditions.* Call 535-4138 to enroll.

**Smooth Move:** The next Smooth Move/Relocation Briefing is 2 to 4 p.m. June 9 at the A&FRC.

**Right Start:** The next Right Start/Newcomers Orientation is 7:30 a.m. to 5 p.m. June 10 at the A&FRC.

## Classified Ads

E-mail classified ads to [news@lajes.af.mil](mailto:news@lajes.af.mil) by 5 p.m. the Thursday prior to the week you need it published. Notify the Crossroads when items have been sold. Lajes personnel may also post ads at [Lajesads.com](http://Lajesads.com). This site is not affiliated with the Crossroads.

Dr. Shoals and the Tired Dogs: Seeking a lead/rhythm guitar player. Experience preferred but will work with the right person. Must be available for rehearsals and weekend gigs. If you'd like to try your hand at being a Tired Dog, call Larry - home phone, 295-516-218; work phone, 535-1218; cell, 962-955-834; or e-mail: [ucoffs@yahoo.com](mailto:ucoffs@yahoo.com)

For Sale: 7'6" Epoxy/Tri-Fin Surfboard with board bag. Excellent Condition \$280. Call Brian 535-6137 or 295-549-499.

For Sale: 97 Ford Ranger Extended Cab XLT 4x4, (159,500 miles) original owner, call Rick 295-905-311 \$3,400. Firm

Wanted: Donations needed! PCSing? Spring Cleaning? Please donate your unwanted items, such as clothes, household items, toys, books, etc. The High School uses your donations to raise money for traveling sports teams. Show your support and donate! We will pick up your donations! Email [Lajes15@yahoo.com](mailto:Lajes15@yahoo.com) or call 295-549-206 Thank you!